

## WHAT IS CLAIMED IS :

1. An oil or fat composition composed chiefly of triglycerides wherein the rate of middle - chain fatty acids in all the fatty acids composing the oil or fat composition is 5 to 23 % by mass and the rate of triglycerides having two middle - chain fatty acid residues in the molecule in all the triglycerides is 1 to 20 % by mass.

2. The oil or fat composition according to calim 1 wherein the middle - chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

3. The oil or fat composition according to calim 1 wherein the rate of triglycerides having three middle - chain fatty acid residues in the molecule in all the triglycerides composing the oil or fat composition is 3 % by mass or less.

4. The oil or fat composition according to calim 1 wherein the rate of long - chain saturated fatty acids in all the long - chain fatty acids composing the oil or fat composition is 20 % by mass or less.

5. The oil or fat composition according to calim 1 which further contains as emulsifiers at least one kind of sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, monoglycerides, diglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters, in an amount of 0.1 to 6 % by mass based on the oil or fat composition before the incorporation of the emulsifiers.

6. The oil or fat composition according to calim 1

which further contains, as emulsifiers, based on the oil or fat composition before the incorporation of the emulsifiers, 0.1 to 3 % by mass at least one kind of sucrose fatty acid esters and polyglycerol fatty acid esters, 0.01 to 2 % by mass succinic acid monoglycerides, and 0.1 to 3 % by mass at least one kind of monoglycerides, diglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters under the condition that the total amount of the emulsifiers is 0.3 to 5 % by mass.

7. An oil or fat composition for cooking comprising the oil or fat composition according to claim 1 and conventional additives for oil or fat compositions for cooking.